

MaryEllenClark

OLYMPIAN, MOTIVATOR, GAME CHANGER

PROFESSIONAL EXPERIENCE

Personal Training Business and Fitness Consulting

- **Isagenix International**, Wellness/Nutrition Coach, 2012 - Present
- **Private Personal Training Business**, Owner & Trainer, 1999 - Present
Customized program design for all ages and ability levels within Universities, Exclusive Clubs, and private homes
- **Fitness Consultant**, 1999 - Present
Engaged with sport specific clinics, preventative wellness seminars, corporations, health organizations, and academic institutions via individualized program design for any setting
- **The Orlando Sports Medicine Clinic**, Personal Trainer, 1989

Coaching, Teaching, and Diving Camp Experience

- **Zap Diving Team**, Head Diving Coach, 2014- present
- **Olympic Dreams Diving Clinics**, 1996-Present
- **United States Diving**, Mentor & Coach, 1996- Present
- **Mile High Dive Club**, Guest Coach, **2014**
- **Wellesley College**, Diving Coach, 2012-2014
- **Amherst College**, Head Diving Coach, 2007 - 2012
- **Deerfield Academy**, Head Diving Coach, 2007 - 2012
- **Amherst Regional High**, School Head Diving Coach, 2005 - 2012
- **Mount Holyoke College**, Head Diving Coach, 2005 - 2011
- **Amherst Regional High School**, Assistant Lacrosse Coach, 2006 - 2007
- **Amherst Regional Middle School**, Cross County Co-Head Coach, 2005 - 2006
- **Fort Lauderdale Yacht Club**, Diving Coach, 1999 - 2004
- **International Swimming Hall of Fame**, Fort Lauderdale diving camp coach, 1990 - 1996
- **Private Diving Instructor**, 1990 - Present
- **Penn State University Diving Camp**, Coach and Counselor, 1981 - 1985

Motivational Speaking, Keynote Engagements

- **Royal Caribbean Cruise Lines**, 1992 - Present
- **Longfellow Sports Club**, Active Aging, 2012
- **United States Diving**, Microsoft, 2012
- **United States Diving**, Achieving Peak Performance at the Olympic Games in London, 2012
- **Perform Better Conference**, Kansas, 2010
- **The Center for Excellence in School Counseling and Leadership**, LGBTQI Conference, 2010
- **The Pennsylvania State University**, Women in Leadership
- **The "National Girls and Women in Sports Day"** on behalf of the Women's Sports Foundation, 2008, 2004, 2002
- **Girl Scouts of America**, National Fundraising Dinner, 2006

Motivational Speaking, Keynote Engagements *Continued*

- **Pennsylvania State University**, 40th Anniversary of Women in Sport, 2004
- **New York Stock Exchange**, Merrill Lynch Top 100 Sales Executives, 2002
- **National Strength and Conditioning Association**, Annual Convention, 1998
- **Pennsylvania State University Commencement**, College of Health & Human Development, 1998
- **Fort Lauderdale Successful Women at Work**, Commemorating National Women's History Month, 1998
- **Special Olympics**, Fall Festival, 1997
- **Johnson & Johnson**, year-end national sales convention, 1997
- **United States Olympic Committee**, Fundraising Dinner, 1996
- **Speedo Authentic Fitness**, 1996, 1994, 1992

Contracted Endorsement and Public Relations

- **McDonald's Corporation**
Endorsed company as featured spokesperson at executive meetings, store openings, autograph signings, golf outings and other various media events.
- **Speedo Authentic Fitness**
Spokesperson and featured athlete promoting Speedo brand through image and advertising in stores and magazines.
- **United States Olympic Committee**
Visited local hospitals in Barcelona distributed cabbage patch dolls and connecting with sick children
- **Coca Cola**
Featured athlete at the Coca Cola Olympic City during the 1996 Olympic Games, fielding questions from audiences worldwide
- **Nations Bank (Bank of America)**
Promoted Grand Opening in Atlanta during Olympic Games
- **AT&T**
Endorsed calling card program at Centennial Park in Atlanta, GA
- **Big Brothers and Big Sisters**
Community outreach programs via personal appearances at the International Swimming Hall of Fame.
- **SR Smith**
Endorsed and promoted launch of a safe diving video.

Media

- **Television**

Prime time television special guest appearances and commercial features including:

- HBO: "Back On Board" - Greg Louganis
- The Oprah Winfrey Show
- The Today Show
- Entertainment Tonight
- Profiled Olympic Diver in AT&T television commercial for the 1996 Olympic Games.
- Featured Olympian in the 1996 Olympic Games Champion Sportswear television campaign promoting athletic apparel.
- Profiled Olympic Diver in Gloria Estefan's MTV "Reach" video part of 1996 Official Olympic Soundtrack

- **Books**

- Included in ***True Champions***, a book recounting the stories and profiling the lives of amateur and professional athletes.
- Highlighted with the top 100 amateur and professional female athletes in ***Great Women in Sports***, by Donna Lopiano, CEO of the Women's Sports Foundation.
- Co-authored ***Gorgeous: The Sum of All of Your Glorious Parts***, with acclaimed author Jorj Morgan and Dr. Harry Moon addressing fitness, nutrition, and preventative health and wellness.

- **Magazines**

Spotlighted in numerous national and international publications including:

- Time
- Sports Illustrated
- People
- Life
- Women's Sports & Fitness

Community

- **Grand Marshall**, Pride Parade

Coaching Awards and Highlights

- Amherst College NCAA DIII National Champion, 2008
- NCAA Division III Coach of the Year, 2008
- NESAC Diving Coach of the Year, 2007, 2008

Athletic Achievement: Honors and Awards

- Youngest Penn State University Alumni Fellow Inductee, 1997
- Olympic Bronze Medalist - United States Olympic Diving Team, 1996, 1992
- Oldest diving medalist in the history of the Olympic Games, 1996
- Guinness Book of World Records holder for the oldest Olympic medalist in platform diving, 1996
United States Olympic Committee Top Ten Sports Women of the Year, 1996
- AAU James E. Sullivan Memorial Award Nominee, 1993, 1994, 1996
- Female Athlete of the Year - Diving, 1992, 1993, 1994, 1996
- Mary Ellen Clark Day, established September 21, 1992 in Radnor, PA, 1992
- United States National Diving Team Member, 1986-1996
- Seven time United States Diving National Champion, 1987-1996

Sports Hall of Fame Inductions

- World Acrobatic Society Hall of Fame, 2015
- Radnor High School Sports Hall of Fame, 2013
- Delaware County Sport Hall of Fame, 2013
- Broward [Florida] Sports Hall of Fame, 2000
- Pennsylvania Hall of Fame, 1992

Volunteerism

- **Amherst Chamber of Commerce Annual Golf Tournament, 2009**
Clinician sharing fitness tips and sport specific exercises for golf
- **Pennsylvania State University Intercollegiate Athletics Varsity "S" campaign, honorary co-chair, 2008 - 2009**
Responsible for raising funds for new facilities at Penn State
- **Women's Sports Foundation Board of Trustees, member, 1999 - 2004**
Served on various committees in support of the mission to increase women's participation in sports
- **Honorary Advisory Board Member for The Upledger Institute, 1996 - Present**
Increase awareness of alternative medicine in health care as a viable option to wellness
- **Women's Sports Foundation, Athlete Advocate, 1992 - Present**
Promoting opportunities for women in sport through appearances and the development of innovative programs
- **United States Diving Board of Directors, member, 1993 - 1998**
Served on various committees and responsible for policy development for USA Diving
- **American Cancer Society's Relay for Life, honorary chairperson, 1987**
Responsible for promotion, publicity, and education

Education

- **The Ohio State University, Master of Arts, Health and Physical Education, 1989**
- **Pennsylvania State University, Bachelor of Science, Health and Physical Education, 1985**

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Mary Ellen Clark is a two time Olympic Medalist, winning Bronze Medals at the 1996 Atlanta Games and the 1992 Barcelona Games. In addition, she was a member of the United States National Diving Team for 10 years and won seven National Championship titles.

In 1996, the United States Olympic Committee nominated Mary Ellen as one of the top 10 women athletes in our country. To date, she holds the distinction as the oldest women's diving medalist in the history of the Olympic games. Mary Ellen has been featured in magazines such as *Sports Illustrated*, *Women Sports and Fitness*, *Life* and *People*, and featured in many books including *Great Women in Sports* and *True Champions*. She is a co-author of *Gorgeous: The Sum of All Your Glorious Parts*, a life-style enhancement guide. Clark has appeared on *The Oprah Winfrey Show*, *The Today Show* and *Entertainment Tonight*; and has been featured in television commercials for various corporations. Mary Ellen is a profiled Olympian in Gloria Estefan's *Reach* video and in Greg Louganis', *Back On Board*, an HBO documentary. She is a member of five sports Halls of Fame, celebrating and recognizing her commitment to excellence in sport and in life.

Born in Newtown Square, Pennsylvania, Mary Ellen is the youngest of seven children. She attended The Pennsylvania State University studying health and physical education, and received her Masters Degree in the same field at Ohio State University.

Combining her educational background with her athletic accomplishments, Mary Ellen is involved in various fields of work. She is a motivational speaker, inspiring audiences throughout the country. She is an active mentor for our future Olympic champions with United States Diving and owns ZAP Diving, an age group diving program in Sudbury, Massachusetts. Mary Ellen is an active advocate and supporter of women in sports through her affiliation and participation with ESPNW, Women & Sports Summit, and her continuing involvement with the Women's Sports Foundation for which she served as a member of the board of trustees. In addition, Mary Ellen is a certified National Strength and Conditioning Association personal fitness trainer, helping people of all ages to achieve their wellness goals. She is an Isagenix nutritional consultant, helping clients and team members in the areas of weight loss, energy and performance, healthy aging and wealth creation. Mary Ellen is part of Team Isagenix and works alongside professional athletes, fitness champions and other Olympians, educating the world on the benefits of the Isagenix nutritional cleansing and replenishment system for a healthy lifestyle.

Mary Ellen's career is defined by vision, courage and determination. Passion and hard work define her approach to life. Thousands have heard her message "Have fun with what you are doing and believe in your dreams with all your heart. Surround yourself with positive support systems and be willing to work hard for your goals, overcoming all obstacles to create the life you want and deserve." Mary Ellen's passion for sports, health, fitness and helping others to recognize their own potential is what inspires her most.

Currently, Mary Ellen resides with her spouse in Waltham, Massachusetts.